

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 01107, Milk, human, mature, fluid

Report Date: December 05, 2015 18:14 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 fl oz 30.8g	1 cup 246g
Proximates						
Water	g	87.50	616	0.043	26.95	215.25
Energy	kcal	70	--	--	22	172
Energy	kJ	291	--	--	90	716
Protein	g	1.03	591	0.018	0.32	2.53
Total lipid (fat)	g	4.38	415	0.048	1.35	10.77
Ash	g	0.20	396	0.001	0.06	0.49
Carbohydrate, by difference	g	6.89	--	--	2.12	16.95
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	6.89	--	--	2.12	16.95
Minerals						
Calcium, Ca	mg	32	755	0.248	10	79
Iron, Fe	mg	0.03	277	0.002	0.01	0.07
Magnesium, Mg	mg	3	303	0.039	1	7
Phosphorus, P	mg	14	632	0.095	4	34
Potassium, K	mg	51	172	0.610	16	125
Sodium, Na	mg	17	342	0.252	5	42
Zinc, Zn	mg	0.17	281	0.006	0.05	0.42
Copper, Cu	mg	0.052	--	--	0.016	0.128
Manganese, Mn	mg	0.026	--	--	0.008	0.064
Selenium, Se	µg	1.8	101	0.017	0.6	4.4
Vitamins						
Vitamin C, total ascorbic acid	mg	5.0	233	0.118	1.5	12.3
Thiamin	mg	0.014	279	0.000	0.004	0.034

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.8g	1 cup 246g
Riboflavin	mg	0.036	275	0.001	0.011	0.089
Niacin	mg	0.177	271	0.003	0.055	0.435
Pantothenic acid	mg	0.223	416	0.003	0.069	0.549
Vitamin B-6	mg	0.011	88	0.001	0.003	0.027
Folate, total	µg	5	7	0.346	2	12
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	7	0.346	2	12
Folate, DFE	µg	5	--	--	2	12
Choline, total	mg	16.0	--	--	4.9	39.4
Vitamin B-12	µg	0.05	32	--	0.02	0.12
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	61	--	--	19	150
Retinol	µg	60	--	--	18	148
Carotene, beta	µg	7	--	--	2	17
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	212	--	--	65	522
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.02	0.20
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.0	0.2
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.0	0.2
Vitamin D	IU	3	--	--	1	7
Vitamin K (phylloquinone)	µg	0.3	--	--	0.1	0.7
Lipids						
Fatty acids, total saturated	g	2.009	--	--	0.619	4.942
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.063	16	0.006	0.019	0.155
12:0	g	0.256	18	0.023	0.079	0.630
14:0	g	0.321	20	0.019	0.099	0.790

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.8g	1 cup 246g
16:0	g	0.919	20	0.023	0.283	2.261
18:0	g	0.293	20	0.018	0.090	0.721
Fatty acids, total monounsaturated	g	1.658	--	--	0.511	4.079
16:1 undifferentiated	g	0.129	17	0.012	0.040	0.317
18:1 undifferentiated	g	1.475	20	0.037	0.454	3.629
20:1	g	0.040	12	0.003	0.012	0.098
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.497	--	--	0.153	1.223
18:2 undifferentiated	g	0.374	20	0.030	0.115	0.920
18:3 undifferentiated	g	0.052	15	0.013	0.016	0.128
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.026	14	0.004	0.008	0.064
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	14	54	0.366	4	34
Amino Acids						
Tryptophan	g	0.017	--	--	0.005	0.042
Threonine	g	0.046	--	--	0.014	0.113
Isoleucine	g	0.056	--	--	0.017	0.138
Leucine	g	0.095	--	--	0.029	0.234
Lysine	g	0.068	--	--	0.021	0.167
Methionine	g	0.021	--	--	0.006	0.052
Cystine	g	0.019	--	--	0.006	0.047
Phenylalanine	g	0.046	--	--	0.014	0.113
Tyrosine	g	0.053	--	--	0.016	0.130
Valine	g	0.063	--	--	0.019	0.155
Arginine	g	0.043	--	--	0.013	0.106
Histidine	g	0.023	--	--	0.007	0.057
Alanine	g	0.036	--	--	0.011	0.089
Aspartic acid	g	0.082	--	--	0.025	0.202
Glutamic acid	g	0.168	--	--	0.052	0.413
Glycine	g	0.026	--	--	0.008	0.064

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Proline	g	0.082	--	--	0.025	0.202
Serine	g	0.043	--	--	0.013	0.106
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0